

## PERSONAL TRAINER

# Nathan Battu

## Senior Health & Fitness Instructor

### Personal Information:

Nathan has always been a keen sport enthusiast; He has played football for local clubs since the age of 13 and over recent years has attended gym training sessions 4-5 times a week!

Upon completion of the BTEC National Diploma in Sport, Nathan then achieved his BSc in Sports & Exercise Science at the University of Bedfordshire and then an MSc in Sports Performance.

Nathan's love for study didn't stop at achieving his MSc! Continuing his studies and completing his Level 3 in both Personal Training and Exercise Referral and as a FA Level 2 football coach.

Nathan has a wealth of knowledge and work experience; from working as a Sports Assistant, coaching football for under 7s to working as a Senior Health & Fitness Instructor at The Pavilion.



### Experience and Qualifications

- MSc Sports Performance
- BSc with Hons in Sports & Exercise Science
- Level 3 Exercise Referral
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Indoor Cycling & Kettlebells
- FA Level 1 & 2 in Coaching Football
- BTEC National in Sport
- First Aid at Work